

The 30 Pound Club

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March 14, 2010 – Dallas, TX

Drive Thru No More

Let me ask you a question. Have you ever gone through a drive-thru window, gotten some food, and then took off while eating in the car? Who hasn't, right? Well, let's stop doing that. If you're going through a coffee place to get your morning cup of joe, park, walk in, get your coffee, walk back to the car, and take off. You can drink it in the car, but you have to go in to buy it. I can hear the whining, so just stop it! Unless you have small children to wrangle, use a few calories and walk in.

Let's take it one step further. I'm going to strongly recommend that you not eat in the car. If you want to eat, stop and eat. You know, if you want to eat a Whopper, you can decrease the calories by almost half if you get ketchup instead of mayonnaise and you eat only half the bun. How are you going to do that eating in your car and driving? No matter what the food, you can adjust it to be fewer calories if you take the 15 minutes it would take to stop, go in, and eat. Note I didn't say healthy. That's a message for another day.

One of the strategies you can use to eat less is to stop and think about what you're doing. We often do things out of habit or on impulse, and that includes what we eat while we're driving. Well, drive thru no more. Put some healthy snacks in the car so you're prepared next time.

Webinar: Effective Exercise for Weight Loss and Fitness

As the title says, this webinar is going to provide you with the information you need to design the most effective exercise program to make your particular body lean and fit. As an exercise physiologist who taught Exercise 101 for many years, I can't wait. Here are some of the topics we'll be discussing:

- Where do you begin? Can you assess yourself?
- How do you monitor yourself—heart rate? Time? Intensity?
- How do you progress? When do you increase the intensity?
- What's a metabolic equivalent (MET)?
- What's the best exercise?
- How accurate are those calculators on equipment that estimate calories burned?
- What are the proven facts about exercise and what is simply myth?

This webinar will be geared toward how to exercise based on the results of the genetic test to determine which type of diet will benefit your body the most. If you didn't do the test, that's fine. You'll know what to do when you have the test done, and if you choose never to do the test, you'll still learn how to exercise effectively.

The webinar will held on Sunday, March 21, at 3 p.m. Eastern Time, which is noon Pacific Time. This will be the best \$19.95 you'll spend on exercise this or any year. Don't delay because space is limited—sign up at drchet.com.

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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